

GET READY TO LOVE DAIRY AGAIN

You can be lactose intolerant AND still enjoy dairy

Lactose intolerance is when your body lacks the ability to break down milk sugar (lactose). If your body struggles with digesting lactose, don't worry! You can still give your body all the dairy goodness it needs by incorporating lactose-free dairy products or adding small amounts of dairy into your diet over time.

DID YOU KNOW?

Dairy allergy and lactose intolerance are not the same! Only 2% of people are allergic to dairy.

GRAMS OF LACTOSE PER SERVING*

Most people who are lactose intolerant can tolerate about 8 grams of lactose at a time.

Milk	Kefir	Yogurt	Ice Cream	Cottage Cheese	Cheese	Butter	Lactose-Free Milk
							
12 g	9 g	6 g	4 g	3 g	< 1 g	< 1 g	0 g
1 cup	1 cup	1/2 cup	1/2 cup	1/2 cup	1 oz	1 tbsp	1 cup

*Amount may vary based on brands

unbottled.com

DID YOU KNOW?

Three servings of dairy are recommended each day for adults!

Here are a few ways to incorporate dairy into your diet if you're sensitive to lactose:



TRY IT:

Opt for lactose-free dairy products. Lactose-free dairy foods have the same key nutrients as regular dairy foods!



STIR IT:

Mix milk with other foods like soups and cereal or blend with fruit.



SIP IT:

Start with a small amount of milk daily and increase slowly over several days or weeks to build your tolerance.



SLICE IT:

Choose hard and aged cheeses that are low in lactose and easier on your stomach such as Swiss and cheddar.



SPOON IT:

Enjoy yogurt! Its live and active cultures help to digest lactose.

unbottled.com